



AUGUSTA, THURSDAY, MAY 20, 1847.

GOOD NATURE PROMOTES HEALTH.

We are aware that ill health is apt to make one peevish and irritable, and that many, who, in a state of health, are possessed of much boldness and equanimity, oftentimes lose the pleasant smile and the peaceful demeanor when brought down to a helpless state by sickness. On the other hand, we have often known health retarded and life shortened by a continual fretting and scolding, and by giving way to irritable feelings which might be controlled. Too many are prone to let their passions take the control of their reason, and to so run away with all their common sense and sound reason that they become a sort of individual bedlam. It is impossible for the physical system to escape the influence of such feelings. It must partake of the excitement and suffer more or less in consequence. All continued excitements are injurious to the system. They drive the machinery, if we may be allowed the figure, too fast, and it naturally wears out the faster for it. Comfort and happiness is deranged and life shortened. This would seem to be a solemn lesson to every one.

The price paid for indulging in such miserable feelings—that not only are unpleasant in themselves but which render others, or rather cause others to feel unpleasantly, is a diminution of your life. The price of equanimity—of serenity of thought and feeling of kindness and good nature, is a lengthening of life. Are not these incentives to induce us to live in peace one with another—to prompt us so speak "pleasant words?"

Droz, a French writer, has well observed, that "External wisdom has ordained, that the emotions which disturb our days are those which have a natural tendency to shorten them. Ambition and cupidity, envy and hatred, concur to devour the very aliment of life. The storms which prostrate the moral faculties, equally sap the physical energies. Every debasing passion is a consuming poison."

Timothy Flint, well known to many as a shrewd observer and excellent writer, also remarks upon this subject as follows:—"So far as my reading and observation extend, there are but three circumstances which have invariably accompanied health and longevity. The favored persons have lived in elevated, rather than in low and marshy situations, have been possessed of a *tranquil* and *cheerful temperament*, and active habits, and have been early risers."

It is related of the late King George the third, who made the causes of longevity a subject of much investigation, that he procured two persons, each considerably over a hundred years of age, to dance before him. He then requested them to relate to him their modes of life, that he might draw from them, if possible, some clue to the causes of their vigorous old age. The one had been a shepherd, remarkably temperate and circumspect in his diet and regimen; the other a hedger, equally noted for the irregularity, exposure and intemperance of his life. The monarch could draw no inference to guide his inquiries from such different modes of life, terminating in the same result. On further inquiry, he learned that they were alike distinguished by a tranquil insensibility of temper, active habits and early rising.

JAPAN IRON ARTICLES BLACK.

A friend wishes us to publish some of the methods by which articles of iron or steel, such as hard ware, are covered with the black shining Japan. We copy the following from the N. Y. Farmer and Mechanic for his benefit:—

"In some hard ware manufacturers the only blacking material is linseed oil. The oil for this purpose is first boiled for several hours, and on cooling it will assume the consistence of varnish. This oil is brushed in a cold state over the work which is then placed in the oven until the oil has become adhesive. It is then placed in an oven prepared for the purpose, (a common cooking stove will answer) and a gentle heat applied, but not raised above 300 degrees until the air has become nearly dry, after which the heat may be increased gradually until the heat becomes a full black. It is then withdrawn and allowed to cool gradually."

For more delicate work, instead of oil, a solution of gun-shellac in alcohol is used and managed in nearly the same way, the process being varied according to the value of the articles, the construction of the oven, &c., as dictated by the operator.

A Japan varnish for this purpose may be made by boiling shellac in oil, or for an extra dense black, a solution of asphaltum in spirits of turpentine may be used, or a compound of all these ingredients together. But when asphaltum and spirits are used, the heat of the oven must be cautiously applied.

If heat be applied too strong at first it will occasion wrinkles in the surface, and if the work is overheated in finishing the black will be charred and will not adhere.

DECISION RESPECTING LIBELS. The Post says that Judge Weld, at the Springfield session of the Supreme Court, instructed the Jury in a case of libel, that if the publisher of a paper admitted an article which he did not know contained libellous matter, or was not aimed at a particular individual, he was not liable; but that the responsibility fell upon the writer, and that it would tend to abridge the liberty of the press were it otherwise.

We believe a different doctrine obtains in Maine, and that either Editor, or Publisher, or writer may be made to suffer at the option of the libelled person. How is it, friend Seaverance? you have had some experimental knowledge of that doctrine we believe.

MOORE'S BATHING ROOMS are now ready for the reception of visitors. They are fitted up in superb style—convenient, neat and comfortable. There is nothing so conducive to health (save a clear conscience, which every man has who pays the printer punctually) as frequent bathing. We advise all, who have not bathing rooms of their own, to give Dr. Moore (the water-cure practitioner) frequent calls. The more you go, the more you'll desire to—which can be said of all medical establishments. Ladies and gentlemen would do well to read the Doctor's advertisement in to-day's paper, and would do much better to visit his establishment as often as convenient.

NEW ORLEANS WITCHES. Two women were lately arrested and put in the stocks for professing witchcraft. We have seen witchcraft in stocks nearer home.

ATLAS.

ARRIVAL OF THE JAMESTOWN. The U. S. ship of war Jamestown, under the command of Captain Curtis, was telegraphed yesterday morning, making her way in gallant style up the harbor. She came to anchor at the Navy Yard, in Charlestown, at ten o'clock, having performed her errand of mercy in exactly seven weeks. She left this port on the morning of Sunday, March 28th, and arrived in the bay at nearly the exact hour of her sailing.

[Bangor Whig.]

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ANOTHER VICTORY—CAPTURE OF TUSPAN. By the arrival at Philadelphia on Sunday night, at 9 o'clock, of an exclusive account of the capture of the town of Tuspan, we have learned that the 1st Battalion, under Major Gilpin, has captured the town of Tuspan, the 2d Battalion, under Captain Reid, having reached the 1st Battalion, and the 3d Battalion, under Captain Jackson, having reached the 2d Battalion, and the 4th Battalion, under Captain Jackson, having reached the 3d Battalion, and the 5th Battalion, under Captain Jackson, having reached the 4th Battalion, and the 6th Battalion, under Captain Jackson, having reached the 5th Battalion, and the 7th Battalion, under Captain Jackson, having reached the 6th Battalion, and the 8th Battalion, under Captain Jackson, having reached the 7th Battalion, and the 9th Battalion, under Captain Jackson, having reached the 8th Battalion, and the 10th Battalion, under Captain Jackson, having reached the 9th Battalion, and the 11th Battalion, under Captain Jackson, having reached the 10th 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The Maine Farmer; A Family

Newspaper, Devoted to Agriculture, The

Arts, Literature, General Intelligence, &c. &c.

Foreign News.

[From the *Atlas of Monday*.]

ARRIVAL OF THE HIBERNIA.

Fourteen Days later from Europe.

The *Hibernia*, Capt. Hart, arrived this morning a little after twelve o'clock. She left Liverpool on the 4th, having made her voyage in the short space of hardly more than twelve days.

In the Cotton market there had been a downward tendency since the sailing of the *Cambria*. American declined, from the 14th to the 23d, half a penny, and a quarter more the following week, and another fourth at the close of the week ending the 30th. Since then there has been a little, and at the sailing of the *Hibernia* in no way, improvement.

They will awaken that public attention to the subject without which the efforts of the few are but the perpetual and hopeless labor of rolling the stone up hill.

[Journal.]

ATTEMPTED MURDER. Yesterday afternoon, (Sunday) about 3 o'clock, as some persons were passing the harb'or's shop of Mr. Richard Brown, 21, No. 86 Commercial street, they heard a noise of some one straggling with another, and a faint cry, apparently of murder. They burst open the door and found two persons there grappled together, one of them bleeding from his throat. On inquiry it was found that these two persons, one named Joseph Francis, of Portland, the other named Thomas Berry, were journeymen who worked in the shop. Berry was lying down, when Francis took a razor, and going up to him took hold of his chin, told him he needed shaving, and then upon it stabb'd the razor across Berry's throat, inflicting a severe wound. Berry, who was living, was soon after carried to a surgeon, and immediately sprang up his antagonist, and immediately to cry murder, but the wound in his throat, in a great measure prevented his articulation. In this situation they were found when the door was forced open. As soon as people came into the shop from the street, Francis ran out, went down Lewis' wharf and jumped overboard, but he was immediately picked up by some persons in a boat near by, and was taken to the Custom House. He was committed to Lever-street jail. A physician was called to Berry, who sewed up the wound in his throat, and it is thought that he will recover. It is said that Berry had about two hundred dollars, which he had saved from his earnings, and it is thought that Francis intended to murder him for the purpose of getting possession of the money.

[Boston Atlas.]

The following resolutions were adopted, after discussion on most of them. We have not room for marrow.

RESOLVED, That in the opinion of this Board it is not expedient at the present time to recommend any particular form of school government or school discipline.

RESOLVED, That the Board, in its opinion, make a elaborate and able report, of which any abstract we might adopt, to make give but an imperfect idea.

Mr. Knowlton, from the committee to whom was referred the report, the President said it would be understood that the Board adopted the views and recommendations of the report.

Mr. Adamson, that there were two or three committees who had suggested to him, kindred in their nature, and whose reports would probably cover much of the same ground. He thought all ought to be heard before any plan or course should be sanctioned. He thought the committee should go into details, and make specific recommendations, so as to have certain points for examination and discussion.

Mr. Worcester said he had wished to go into detail, but, finding it would make his report very long, it was too long, perhaps, to have it in the report.

The old one, that he did not time to make it shorter. He expected to be required to explain himself more fully, and was ready to do so.

RESOLVED, That it is recommended to the members of the Board of the several counties to confer, at their annual meetings, with the school committees of the towns of their respective districts, on the subject of text-books, and make specific recommendations, so as to have certain points for examination and discussion.

Mr. Worcester said he had wished to go into detail, to be taken up after others had been heard.

Mr. Taylor made some general remarks on the necessity of pointing out remedies for erroneous modes of education, and enough to see the errors; and

Mr. Crosher suggested some modification, and on Mr. Knowlton's motion his report was laid on the table.

MORNING AFTERNOON.

The following resolutions were adopted, after discussion on most of them. We have not room for marrow.

RESOLVED, Motion of Mr. Von.

Resolved, That in the opinion of this Board it is not expedient at the present time to recommend any particular form of school government or school discipline.

RESOLVED, Motion of Mr. Piper, from the committee of Text Books.

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Mr. Worcester said he had wished to go into detail, to be taken up after others had been heard.

Mr. Taylor made some general remarks on the necessity of pointing out remedies for erroneous modes of education, and enough to see the errors; and

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